

October 6, 2008

Dear Mr. Purvis:

I appreciated speaking with you on Friday, October 3, and was gratified to learn you also were concerned about changing the schedule of our MWF 10:15-11:15 Silver Sneakers II group (taught magnificently by Pam Edwards). As we discussed, proposals have been made to shorten our class to 45 minutes and/or to change its time to 11:15-12 noon.

As you and I discussed, among the reasons for keeping our class at its present time (MWF, one hour, from 10:15-11:15) are:

1. Optimal strength training for Senior Citizens requires one hour of exercise 3 times a week to maintain physical ability.
2. Since this a Senior Class, not everyone drives, thus many have made special arrangements to carpool or have their transportation provided by others.
3. Some also are physically challenged and thus rely on the JTA Handicap Van.
4. Others rely on regular public transportation.
5. Some of the class are enrolled in other classes and a change in time would require they forego attending either this class or the other class. Specifically, we have several enrolled in the water aerobics class from 8:30-9:30, and we also have one woman (Audrey) enrolled in a 7:00 class.